

# ***NEWS RELEASE***

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## **New Fitness Station Installed at Max Starcke Park** *Equipment Expands Exercise Opportunities*

**SEGUIN, Texas** – New exercise opportunities are now available at the Pecan Bottom Multi-Use Trail at Max Starcke Park. A new adult fitness station was installed this week.

“This fitness station provides a variety of body weight strength training opportunities,” Seguin Assistant Parks Director Crystal Miranda said. “There are options for arms, legs, chest and core exercises.”

The fitness station is located at the start of the multi-purpose trail. It includes areas for dips, chin-ups, body curls, sit-ups, push-ups, plyometric jumping and balance.

The Help Seguin Shine Task Force provided a \$1,500 donation to get the project started. Seguin Parks and Recreation then combined funding from the Texas Ladies State Chili Championship, Seguin Pac ’13, City of Seguin, Gypsy Motorcycle Club and The Institute for Public Health and Education Research (TIPHER) to expand the project.

“This ended up being a \$10,000 project that would not have been possible without the support of great organizations,” Miranda continued. “This is yet another example of community support for a project that enhances the recreational opportunities here in Seguin.”

**About the City of Seguin**

Seguin, Texas is located along Interstate 10, about 35 miles east of San Antonio. Seguin is big enough to boast a top-rated university and a state-of-the-art hospital. More than 25,000 residents enjoy a range of cultural, recreational, and employment opportunities. Seguin’s robust diversified economy features a steelmaker, a manufacturer of automotive parts and plants making roadside mowing equipment and building materials. In 2009, Seguin was proud to be selected by Caterpillar as the site of a major new engine manufacturing facility.